

## How do we care for our teeth?

### Materials:

Pictures of toothbrushing techniques (see following pages)  
Construction paper  
White plastic trash-bags or white paper  
Scissors, glue, marker  
Large Cardboard box  
Tempera paint (white and red)  
Paint-brush

### Directions for Toothbrush model:

- Trace a giant toothbrush handle on a large piece of construction paper, and cut it out. Paste it on the top of the bulletin board. To make bristles, cut white pieces of paper, or garbage bags into strips and tape them to the head of the toothbrush handle.

### Directions for making Flossboard model – See following page

- Encourage parents and children to practice flossing on flossboard model.

Arrange pictures, information, and models according to the sample bulletin board.

### Content:

#### Flossing tips:

- Flossing protects you against gum disease.
  - Flossing reaches places your toothbrush can't.
1. Wrap 18 inches of around your middle fingers.
  2. Gently slide the floss between each tooth. Rub the floss against the side of each tooth.

#### Brushing: (captions for illustrations)

1. Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.
2. Brush inside surface of each tooth, using a wiggling motion.
3. Use tip of the brush to reach behind each front tooth (top and bottom).
4. Brush chewing surfaces of each tooth.
5. Don't forget to brush your tongue!

#### Brushing tips:

- Choose toothbrush with SOFT bristles.
- Rinse your toothbrush after each use and allow to dry.
- Replace your toothbrush every 3 months.
- Never share your toothbrush.
- Only use your toothbrush for brushing your teeth.
- Don't forget to brush – especially before bedtime.